

COACH TIFFANY'S LAX EQUIPMENT GUIDE – FALL 2019

K-2nd

AGE GROUP	BRAND MODEL	COST	RECOMMENDED		COACH TIFFANY'S NOTES	LINK TO ITEM
			LEVEL	POSITION		
YOUTH	STX Lilly	\$29.99	Beginner	Any	<ul style="list-style-type: none"> comes in multiple colors short stick length is great for small players in this age group & helps with handling of the ball while in motion 	https://www.dickssportinggoods.com/p/stx-youth-lilly-complete-lacrosse-stick-16stxgllyythcmplxs/16stxgllyythcmplxs?color=Blue
<p>3rd / 4th (or can be cut down by coach for K-2nd)</p>						
GIRLS'	STX Crux 100	\$79.99	Beginner	Any	<ul style="list-style-type: none"> coordinating <u>SET</u> includes stick, bag, & goggles comes in multiple colors 	https://www.dickssportinggoods.com/p/stx-girls-crux-100-lacrosse-starter-pack-16stxwcrx100strtrlxsx/16stxwcrx100strtrlxsx
GIRLS'	BRINE Dynasty Rise	\$39.99	Beginner &/or Developing Player	Any	<ul style="list-style-type: none"> comes in multiple colors wide scoop – larger surface for catching flat head – helps with scooping groundballs leather pocket runner <ul style="list-style-type: none"> has more give than rubber runway/launch pockets = helps to absorb catches has less give than a string-only pockets = helps developing players find more power in their shots & passes (who have been using string-only pockets) 	<p>for mint/blk or lt. blue/gray: https://www.dickssportinggoods.com/p/brine-girls-dynasty-rise-2018-complete-lacrosse-stick-17brngdynstyrscmplxs/17brngdynstyrscmplxs</p> <p>for pink/orange: https://www.dickssportinggoods.com/p/brine-girls-dynasty-rise-lacrosse-stick-16brnwdynstyrscmplxs/16brnwdynstyrscmplxs</p>
GIRLS'	UA Futures	\$30.97	Beginner &/or Developing Player	Attack &/or Midfield	<ul style="list-style-type: none"> wide scoop – larger surface for catching narrow throat – easier to control the ball while cradling curved scoop – aids players in a more precise & quick release of the ball when shooting or passing leather pocket runner <ul style="list-style-type: none"> has more give than rubber runway/launch pockets = helps to absorb catches has less give than a string-only pockets = helps developing players find more power in their shots & passes (who have been using string-only pockets) 	https://www.dickssportinggoods.com/p/under-armour-girls-futures-complete-attack-lacrosse-stick-17uargftrscmpltstlxs/17uargftrscmpltstlxs
GIRLS'	UA Futures Mesh	\$39.99	Beginner &/or Developing Player	Attack &/or Midfield (ideal for draw)	<ul style="list-style-type: none"> wide scoop – larger surface for catching narrow throat – easier to control the ball while cradling curved scoop – aids players in a more precise & quick release of the ball when shooting or passing mesh pocket <ul style="list-style-type: none"> mesh pockets are ideal for midfielders taking the draw (less friction compared to other pocket types = faster reaction potential for draw controls) has more give than rubber runway/launch pockets = helps to absorb catches has less give than a string-only pockets due to the mesh/web design = helps developing players find more power in their shots & passes (who have been using string-only pockets) 	https://www.dickssportinggoods.com/p/under-armour-girls-futures-mesh-complete-lacrosse-stick-18uargftrscmpltstlxs/18uargftrscmpltstlxs

5th/6th & 7th/8th

WOMENS'	BRINE Mantra Rise	\$49.99	Beginner &/or Developing Player	Any	<ul style="list-style-type: none"> • durable – higher sidewalls & more rigid for defenders while checking & midfielders receiving checks • light weight – makes it a good beginner stick for any position • wide scoop – larger surface for catching • flat head – helps with scooping groundballs • leather pocket runner <ul style="list-style-type: none"> ◦ has more give than rubber runway/launch pockets = helps to absorb catches ◦ has less give than a string-only pockets = helps developing players find more power in their shots & passes (who have been using string-only pockets) 	https://www.dickssportinggoods.com/p/brine-womens-mantra-rise-lacrosse-stick-16brnwmntrstxpn6lxs/16brnwmntrstxpn6lxs
WOMENS'	STX Fortress 300	\$89.99	Beginner &/or Developing to Advanced Player	Beginner at Any Position &/or Developing to Advanced Defender	<ul style="list-style-type: none"> • designed to be a defensive stick = wide scoop & flat head (to aid in catching & groundballs) • BUT it is light weight & has a runway pocket (both of which help with shooting & passing) so it would be great for any position • I highly recommend this stick for high school defenders as well <p><u>BENEFITS OF DEFENSIVE STICKS FOR BEGINNERS</u></p> <p>wider scoop = easier to catch flatter head = easier groundball pickup rigid head (for checking other sticks) = more durable</p>	https://www.dickssportinggoods.com/p/stx-womens-fortress-300-on-7075-lacrosse-stick-16stxwfrtrss300n7lxsx/16stxwfrtrss300n7lxsx
WOMENS'	NIKE Lunar	\$89.97	Developing to Advanced Players	Attack &/or Midfield	<ul style="list-style-type: none"> • similar to STX Crux 500 • has come down in price • designed to be an attack stick • light weight – more control & easier to balance while cradling & shooting • curved scoop – more precise & quick ball release • narrow throat – more control while cradling (less ball movement in the pocket) • rubber runway pocket <ul style="list-style-type: none"> ◦ more bounce = quicker release ◦ grips the ball = more precise shooting & passing 	https://www.dickssportinggoods.com/p/nike-womens-lunar-on-victory-tapre-lacrosse-stick-16nikwnklrnmvctrylxs/16nikwnklrnmvctrylxs
WOMENS'	NIKE Arise	\$49.99+	Beginner to Advanced Players	Any	<ul style="list-style-type: none"> • designed like a midfield stick (wider scoop than for attack = easier to catch & narrower throat than for defense = easier to control the ball while cradling) • light weight enough for attackers • durable enough for defenders • curved scoop – more precise & quick ball release • weight-wise would be great for a beginner at any position • rubber runway pocket <ul style="list-style-type: none"> ◦ more bounce = quicker release ◦ grips the ball = more precise shooting & passing 	<p>w/Victory shaft: https://www.dickssportinggoods.com/p/nike-womens-arise-lt-on-victory-lacrosse-stick-18nikwnkrsltnvctrlylxs/18nikwnkrsltnvctrlylxs</p> <p>w/AL 6000 shaft: https://www.dickssportinggoods.com/p/nike-womens-arise-lt-on-al-6000-lacrosse-stick-16nikwnkrsltnl600lxs/16nikwnkrsltnl600lxs</p>

					<ul style="list-style-type: none"> I own this stick on the AL 6000 shaft – it is by far the lightest stick I have ever come across I highly recommend this stick for beginners at any position or developing to advanced level midfield and attack players (including high school players) 	
WOMENS'	STX Exult 300	SET \$129.99	Developing to Advanced Players	Any	<ul style="list-style-type: none"> designed to be a midfield stick (wider scoop than for attack = easier to catch & narrower throat than for defense = easier to control the ball while cradling) light weight enough for attackers durable enough for defenders curved scoop – more precise & quick ball release rubber runway pocket <ul style="list-style-type: none"> more bounce = quicker release grips the ball = more precise shooting & passing I highly recommend this stick for developing to advanced level players (including high school players) 	SET (includes stick, bag, & goggles) https://www.dickssportinggoods.com/p/stx-womens-exult-300-on-7075-complete-lacrosse-package-18stxwxlt300n7075lxs/18stxwxlt300n7075lxs
	w/mesh	\$99.99		Any (but ideal for draw)	<ul style="list-style-type: none"> SAME AS ABOVE, except: mesh pocket <ul style="list-style-type: none"> mesh pockets are ideal for midfielders taking the draw (less friction compared to other pocket types = faster reaction potential for draw controls) has more give than rubber runway/launch pockets = helps to absorb catches has less give than a string-only pockets due to the mesh/web design = helps developing players find more power in their shots & passes (who have been using string-only pockets) 	https://www.dickssportinggoods.com/p/stx-womens-exult-300-on-7075-complete-lacrosse-stick-18stxwxlt300n7075lxs/18stxwxlt300n7075lxs

